

SALSA CURRICULUM



**START
HERE**

SYLLABUS BASED CLASSES



LEVEL 1

BEGINNERS

6 weeks course

- Basic steps
- Side & back basics
- Waiter Turns
- Hand swap turns
- Cross Body Leads
- Duck under & hip roll

Progress to Level 2 after completing the course

LEVEL 2

IMPROVERS

3 Wks blocks. 7 blocks

- Inline turn
- Walk through
- Travel right
- Half left
- Left turn
- Right pass
- Travel left
- Plus basic salsa shines

Progress to Level 3 after completing at least 5 blocks

LEVEL 3

INTERMEDIATE

3 Wks blocks. 7 blocks

- Check turn
- Copa
- Left turn
- Fast hand combos
- Carousel
- Right pass variations
- 360 collect
- Plus salsa shines

We recommend mastering the concepts from Lvl 2 & 3 before progressing to the non-syllabus classes



SHINES CLASSES (SOLO WORK)

Join this class from Lvl 3

SALSA SHINES

Salsa footwork and body movement.
Danced on1



MAMBO

Join this class after Lvl 3

MAMBO CONVERSION

Salsa On2 aka Mambo.
Introduction to the Mambo rhythm with basic partnerwork



NON-SYLLABUS BASED CLASSES

Progress to Level 4 and above by assessment or instructors approval



SALSA

SOCIAL DANCING CLASS

LEVEL 4

Latest Salsa combos.
Danced On1

MAMBO

SOCIAL DANCING CLASS

Latest Mambo combos.
Danced On2
(by invitation only)

YEAH



BODY MOVEMENT & SHINES

Advanced Mambo body movement & shines, including Rumba, Pachanga and more

Syllabus based: Teaching material follows a progression from the fundamentals taught

NON Syllabus based: Instructor uses at his/her discretion the foundations taught on syllabus classes